

Nutritional Fact

	Per 1 tsp (7 g)	Daily Value (%)	Per 100 g
Calories	15 calories		173 calories
Calories from Fat	5 calories		81 calories
Total Fat	0.5 g	0	9 g
Saturated Fat	0 g	0	2.8 g
Trans Fat	0 g		0.1 g
Cholesterol	0 mg	0	23 mg
Sodium	710 mg	30	10155 mg
Carbohydrate	1 g	0	17 g
Dietary Fiber	0 g	0	0.1 g
Sugars	0 g		5.8 g
Protein	0 g		5.9 g
Vitamin A		0	102 IU
Vitamin C		0	0.1 mg
Calcium		0	82 mg
Iron		0	1 mg
Potassium			39 mg
Polyunsaturated Fat	0 g		3.40 g
Monounsaturated Fat	0 g		2.20 g

% daily values are based on a 2000 calorie diet